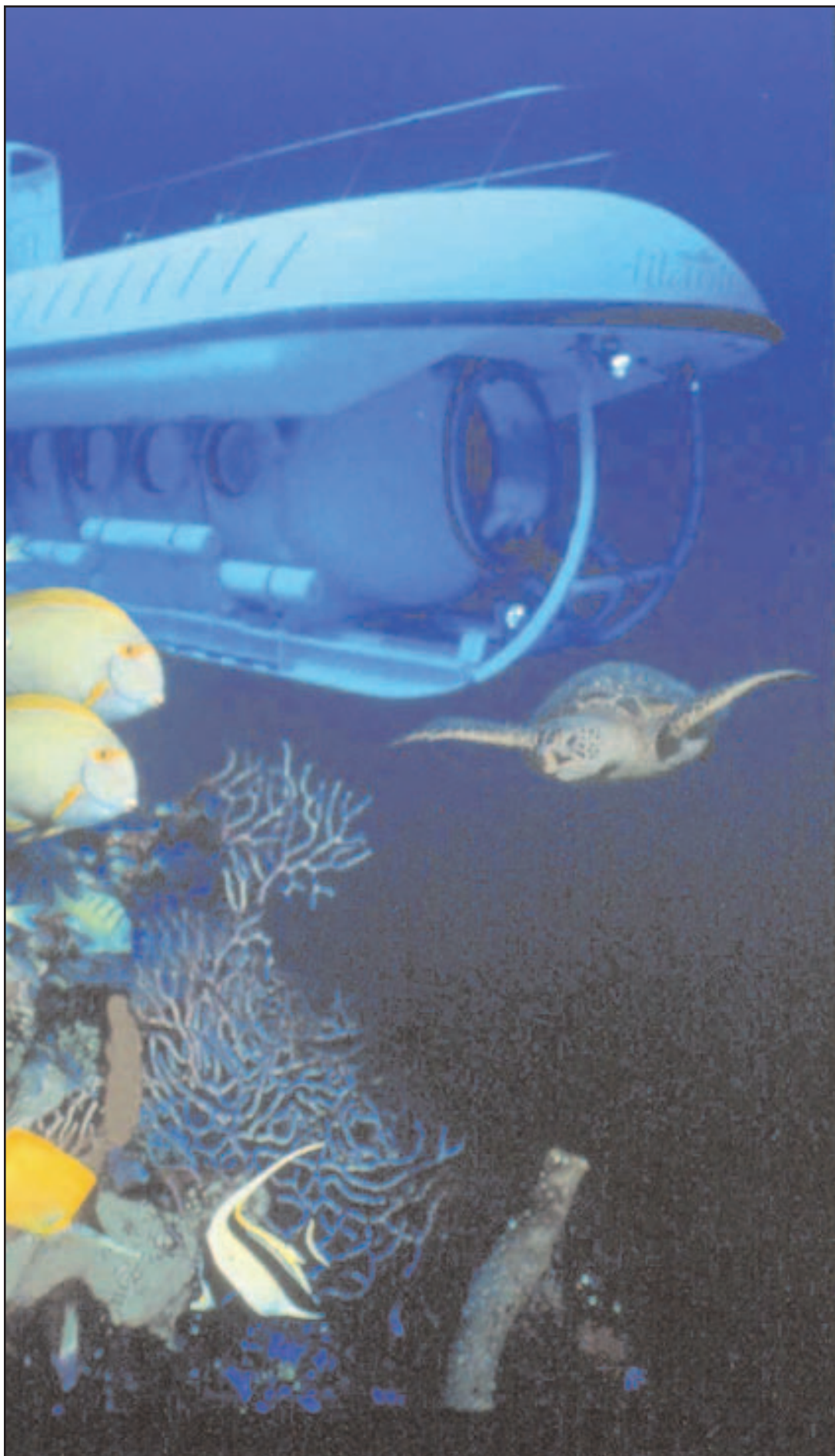


# LIFESTYLES

HAWAII MARINE B SECTION

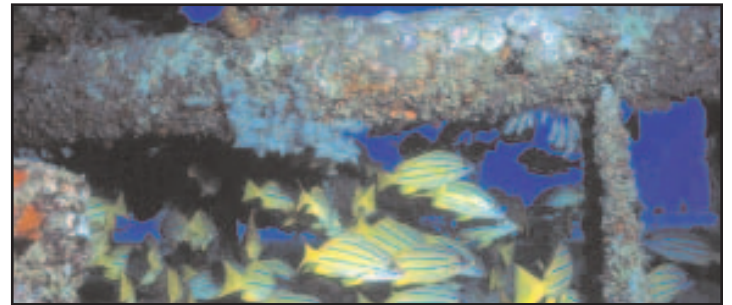
MARCH 31, 2006



Photos Courtesy of Atlantis Adventures

A 48-passenger Atlantis Adventure submarine cruises past a green sea turtle off Oahu's south shore.

## 42 meters under the sea



**Cpl. Megan L. Stiner**  
*Combat Correspondent*

Throughout history, military submarines have been used primarily as submersible assault vessels during wars. Today, not only do they still serve their original purpose, but they are also used as a source of entertainment and education.

Atlantis Adventures, located in Waikiki, offers what they call world-famous submarine tours aboard the Atlantis XIV, the world's largest hi-tech passenger submarine. There are also other 48-passenger submarines available for tours.

From the boarding dock at the Hilton Pier, passengers are taken out to the submarine by way of a comfortable shuttle boat. On the way to the submarine a video about the tour and safety precautions is shown.

Once aboard the submarine, guests are taken down more than 100 feet under the ocean's surface to several artificial coral and natural reef sites. Passengers receive a narration of the sea life and reef sites they can see from the

portholes. Many native species of fish, artificial and natural coral and even sea turtles are commonly seen during the hour-long tour.

"I was really hoping to see a turtle during the tour," said Anthony Haas, a Luckey, Ohio native. "We ended up getting to see three turtles, a lot of fish and an eel. It (the tour) was something I had never experienced before. I would definitely recommend it to anyone visiting the island."

The narration during the tour not only pointed out the specific sea life seen outside the submarine, it also provided guests with information regarding the submarine's history, functions and unique structure.

From the more than three-inch-thick portholes, to the method of submersing the vessels as well as answering passenger's questions, the experience is educational as well as entertaining.

Some of the sea life frequently seen during the tours are parrot fish, angel fish and puffer fish.

During the tour, the submarine crawls by a shipwreck, airplane wreckage, and arti-

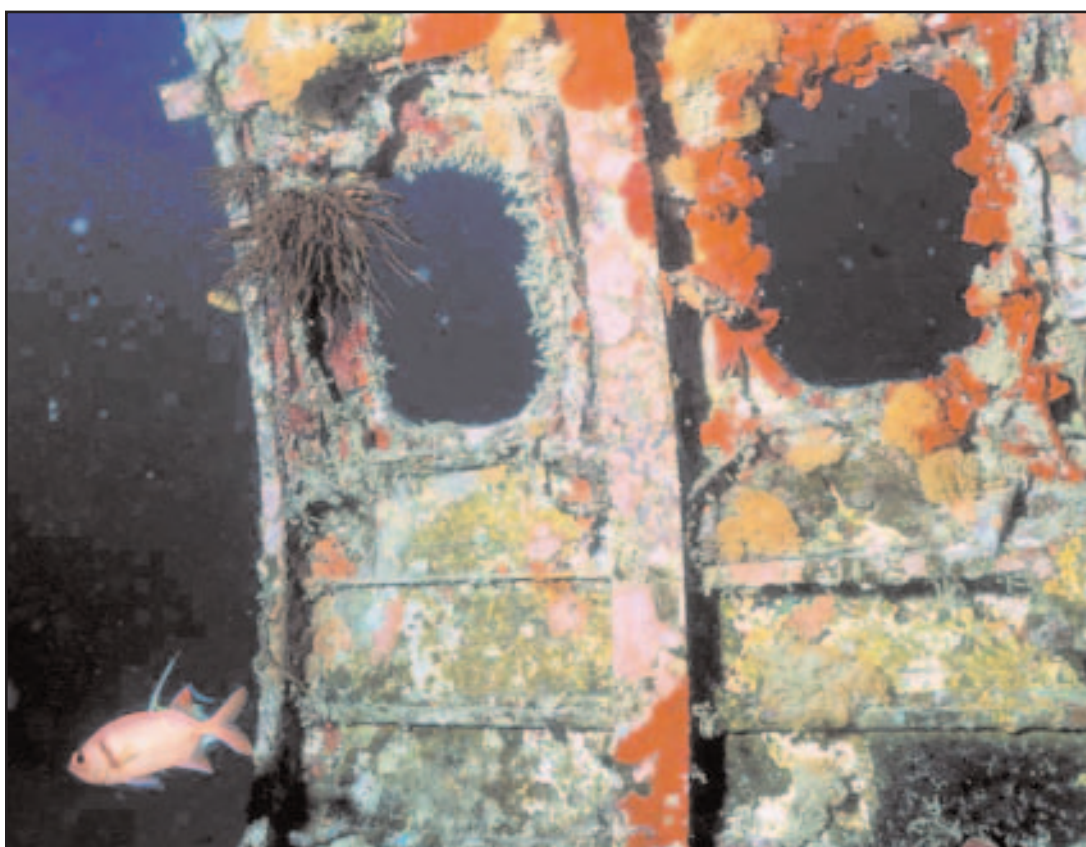
cial reefs at a maximum speed of 3 mph, ensuring a good show of the marine life on the tour.

Before the tour begins, passengers get their picture taken by a professional photographer. The pictures are later shown to the guests and are available for purchase to those who want them.

Throughout the tour, guests are also entertained by Atlantis staff members who throw out jokes while educating passengers about the tours, sea life and submarines.

"It was interesting to learn about the submarine and history of the area as well as hearing everything about the sea life throughout the tour," said Haas. "I was expecting to just go under water and look at fish, but the tour offered so much more. It was a very worthwhile experience."

Atlantis tours also offers sunset dinner cruises. Both the submarine tour and dinner cruises have military discounts. More information regarding the prices and availability of the tours can be obtained by contacting the Information Tickets and Travel office at 254-7562.

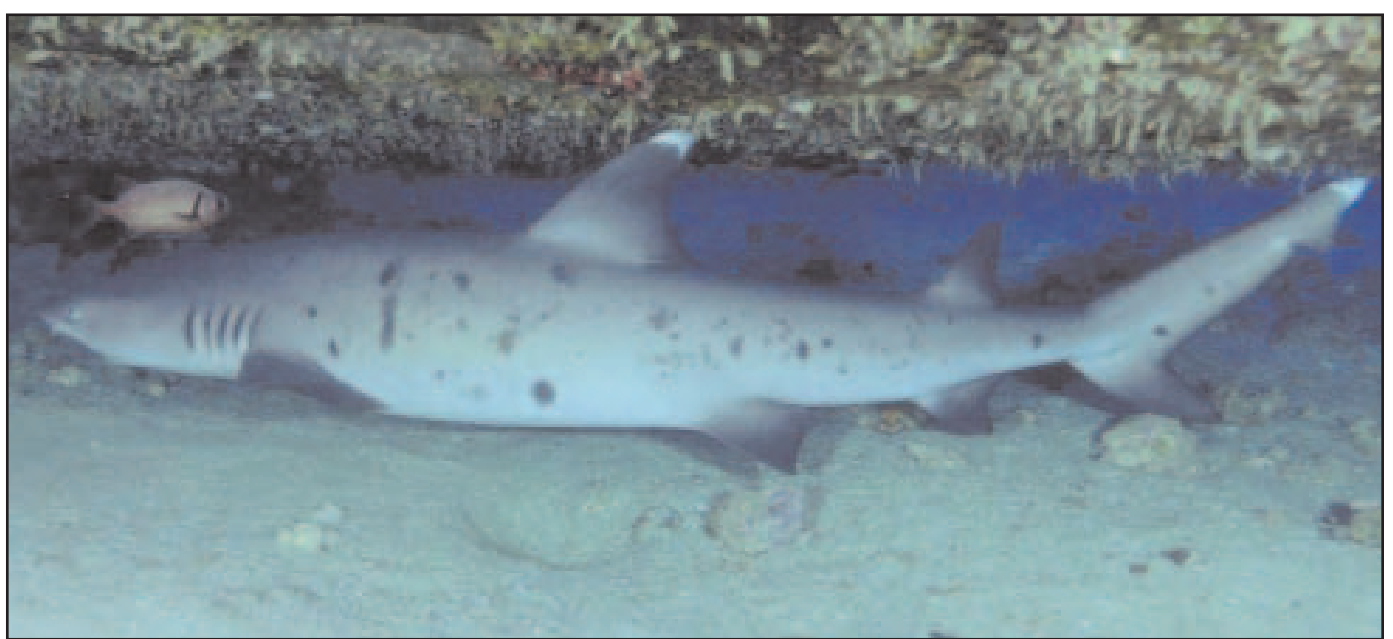


Aboard the Atlantis, XIV guests float by aircraft wreckage, ship wrecks, and several man-made reefs.



A mother and her two children look out a porthole during their underwater adventure aboard Atlantis XIV.

*"I was expecting to just go under water and look at fish, but the tour offered so much more." — Anthony Hass, a passenger aboard Atlantis Submarine*



A white-tipped reef shark is caught by the photographer's underwater flash as it rests on the ocean's sandy bottom.



# Women share wisdom at Base Theater

**Cpl. Michelle M. Dickson**  
*Combat Correspondent*

Beginning in 2004, the Sea Services Women’s Leadership Symposium has strived to draw upon the collective experiences and leadership perspectives of women across the sea services.

March 21, Marine Corp Base Hawaii, hosted the women’s symposium for the first time at the Base Theater. It was also the first time that the symposium was open to the Marine Corps and the Navy.

According to Coast Guard Lt. Cmdr. Desarae A. Janszen, chair, Sea Services Women’s Leadership Symposium, the first symposium allowed leaders to see that the sea services have a harder time retaining women, especially enlisted women, than the other services. This is why that the symposium was open to the Sailors and Marines this year, to help address the issues that affect women in all of the sea services.

The symposium was an all day event, filled with guest speakers and workshops that were designed to aid the retention and career development of women, maintain operational readiness, professional development, mentorship, and also support gender diversity.

The morning held time for guest speakers to lend advice and speak about issues that may affect women in the military today. The keynote speaker for the day was Maria Boren, a vice president of marketing for a New York Stock Exchange traded Real Estate Investment Trust. She also has experience in entrepreneurial marketing, advertising, advertising assessment, new brand development, building, launching and managing corporate marketing campaigns, employee training, training curriculum development and sales management.

Flag officers followed Boren’s talk and spoke more with service members about issues in the military that may affect women.

“Each of the speakers gave advice about mil-



Cpl. Michelle M. Dickson

Guest speaker Maria Boren, vice president of marketing for a New York Stock Exchange traded Real Estate Investment Trust, speaks with service members at the Information Forum. The forum included other speakers and workshops as well.

itary careers and what is important to do as a leader in the military,” said Master Gunnery Sgt. Bettie J. Green, nonappropriated fund auditor, Headquarters Battalion, here. “Our goal was to show that it is possible to stay in the military and do well as a woman. We are such a small percent of the entire military, and many people have the wrong impression and think it’s not possible to be in the military and

still have a family or go to school. Well it is possible to do it all. I did.”

After a luncheon at The Officers’ Club with luncheon speaker Andrea Zajac, sales director, Mary Kay Cosmetics, service members were invited to attend an hour-long workshop and pick which one they preferred to attend. There were 11 workshops total that included issues such as advancement, parenting, personal

leadership and women in combat.

“I attended the Women in Combat workshop with Lt. Col. Terri Erdag speaking,” said Staff Sgt. Patricia White, military justice staff noncommissioned officer-in-charge, Headquarters Battalion. “She was really great. She had the combat experience, and she could really tell you all about it. She was a straight talker.”

White said that if she could change something about the event she would have enjoyed the opportunity to have been able to attend some of the other workshops besides the Women in Combat workshop.

“The problem was that in that one hour, all the workshops occurred, and I could only attend the one,” said the Syracuse, N.Y. native. “As a leader, I need the information to pass down to my junior enlisted Marines. In regards to parenting and family issues, I would have liked to have received the opportunity to attend some of those other workshops as well.”

White said that the symposium, overall, was a very interesting experience and it did provide the opportunity to listen and speak with other people who may be dealing with the same issues females in the military face.

“It’s kind of like a healthy support group, in a way,” said White. “It deals with women’s issues that many times aren’t addressed but should be and shows how to adapt and overcome their problems with a positive attitude. It is a benefit, and I would attend again next year if given the opportunity.”

Green said there will be a survey given to those who attended who would want to give their input on what can be done at future symposiums to further improve them.

“If we are invited to this event again next year, I hope that more people choose to attend,” said the Vista, Calif. native. “Hopefully we can make the event more than worthwhile.”

# 4th Force Recon Marines repair fence



Cpl. Megan L. Stiner

Sgt. Scott Beebe, supply administration clerk, 4th Force Reconnaissance Company, places a green slat into a metal link fence, March 25, at Enchanted Lake Elementary school in Kailua. Beebe and six other volunteers spent four hours helping to beautify the school grounds.

**Cpl. Megan L. Stiner**  
*Combat Correspondent*

While many Marines, friends and family members were participating in, or watching the annual Combat Service Support Group 3 Swamp Romp, March 25, seven individuals opted to partake in a different kind of community activity.

The Adopt-A-School program is a national nonprofit organization that encourages volunteers to take a more active role in the lives of children by mentoring and tutoring children as well as participating in beautification projects around local schools.

Enchanted Lake Elementary school in Kailua is currently under the care of Marines from 4th Force Reconnaissance Company. Six Marines and one spouse spent four hours of their Saturday morning assisting parents and school board members by inserting green slats into an old metal-link fence around the school.

“I have participated in eight projects here,” said Gunnery Sgt. Jimmy L. Lagunero, intelligence chief, 4th Force Reconnaissance Company. “We do a variety of jobs from tutoring to painting rooms. It is just a feel-good type activity. Once the project is done, it is nice to sit back and look at how the hard work paid off.”

Lagunero, a Honolulu, Hawaii native, brought his wife, Yana, along for the first time

in order to introduce her to one of the ways he enjoys spending his weekends.

“The kids are our future,” said the 23-year active duty service member. “We need to invest in our future. Volunteer activities like Adopt-A-School and Toys for Tots are really effective in accomplishing something positive in the community.”

Although this project didn’t give the volunteers much of an opportunity to interact with the students, according to Gunnery Sgt. Todd R. Manning, communications chief, 4th Force Reconnaissance Company, the most rewarding part of helping at the school is getting the chance to talk with students, teachers and parents and really experience how the efforts of the Marines and volunteers pays off.

“Everyone is so polite and all our work is reciprocated by the other volunteers,” said the Fort Wayne, Ind. native. “Everyone is so willing to help each other out, while we work on a project. It is just a great environment to be in.”

According to Sgt. Scott R. Beebe, supply administration clerk, 4th Force Reconnaissance Company, when he was growing up, the schools didn’t have projects like this. He said he thinks it is a way for him to do something for others, something he never received as a child.

“I feel like it is a good Samaritan type thing,” said the Stafford County, Va. native. “We didn’t have projects like this growing up, and it is a great benefit to the children and the community.”

Although he has no children of his own, he said he understands the importance of the work that is being done, and he hopes others will be willing to take the time to help make a difference in the lives of the local communities children.

“Knowledge is the greatest benefit for children,” said the 25-year-old. “I would do anything to support kids gaining knowledge. This project is a great asset all over the nation, and I am happy to be a part of it.”

The volunteers agreed they needed no coaxing to participate when they heard about the program.

“As soon as the unit announced they were participating in the program, I wanted to be a part of it,” said Manning, a 20-year Marine Corps veteran. “I think there is a connection between the schools and the Marine Corps, because we both are working to accomplish so much with so little resources. The great part is we always get the job done. It is a way for us to have a more equal standing in the community.”

The unit visits the school two times each month in order to tutor students and help out with beautification projects.

“I wish more people would come out and volunteers their time,” said Lagunero. “Not only does it enhance the Marine Corps image in the community, it is also our way of giving back to the younger generations.”



Cpl. Megan L. Stiner

Gunnery Sgt. Todd Manning, communications chief, 4th Force Reconnaissance Company, cuts a green slat, to be placed into a metal-link fence, March 25, at Enchanted Lake Elementary school in Kailua. Beebe and six other volunteers spent four hours during the weekend helping to beautify the school



# Marine trades simple life for Corps



**Lance Cpl. Edward C. deBree**  
*Combat Correspondent*

“Every Marine is, first and foremost, a rifleman. All other conditions are secondary,” stated the 29th Commandant of the Marine Corps, Gen. Alfred M. Gray. For one Marine, being a rifleman was life before the Corps. Lance Cpl. Thomas L. Bocook, passenger clerk, Traffic Management Office, Headquarters Battalion, here, grew up on a farm where hunting was a way of life for him and his family. “People there live off the land,” said the Reardan, Wash. native. “Hunting is not a sport or a hobby; it’s a way of life. We don’t hunt for points, or how big the buck is or how big the bear is, we do it for the meat so we can eat food.” After graduating from Reardan High School in 2004, Bocook wanted something more in life than working on a farm. “After high school, I went

to the recruiting office to talk about joining the Marine Corps,” said the 19-year-old. “I wanted to join the most challenging one (service). I have had friends that joined the Army, and they would say that it was an easy time for them – going through boot camp and everything. I have always heard that the Marine Corps was the toughest one, so that’s why I walked into their recruiting office.” According to Bocook, a hunting trip with his recruiter was the deciding factor for him to join the Corps. “I remember when I decided to join. One day we were in his office talking about hunting, and he asked me if he could come with me sometime,” said Bocook. “So we spent a day hunting together, and that’s when I told him that I wanted to join, and two weeks later I was in boot camp.” When deciding to join the Marine Corps, Bocook said he wanted to become a military policeman so that later he could pursue his choice of civilian jobs.

“When I get out, I want to become a game warden,” said Bocook. “Hunting is my life. I want to be in the woods all the time. “I love the Marine Corps, because it’s setting me up for life. I’m going to college, working on my Bachelor’s Degree in natural resources, something that I would have never done if I hadn’t joined the Marine Corps.” Even though he is stationed a long way from home, Bocook sees being stationed in Hawaii as a positive experience. “One of the reasons I joined the Marine Corps is to travel,” said Bocook. “I would have never been able to see Hawaii, if it wasn’t for the Marine Corps.” When Bocook is not busy working, he spends his time going to the beach, playing basketball, waiting for his dirt bike to arrive, and practicing fly fishing for whenever he manages to go back home. But he does hope to some day deploy. “We support the deployable Marines,” said Bocook. “I just want to someday see what it is like to step in their footsteps.” Though Bocook hopes to deploy someday, he is currently trying to go on Marine Security Guard duty so he can see more of the world. He already has places in mind that he’d like to go for duty. “I want to try to go to Ireland, because I’m almost 100 percent Irish,” he said. “But I would also like to go to Germany, because my mother was born and raised in Germany.” Since joining the Marine Corps, Bocook said he has noticed great improvements in himself – traits he said he knows he will use when he decides to leave the Corps. “I have a lot more discipline and respect since I have joined,” he said. “I was always taught to be respectful towards other people growing up, but the Marine Corps enhanced that. Customer service was not in my book before I joined; now I work with people every day. The Marine Corps is just setting me up for success when I get out.”

# Marines join forces on playground



Lance Cpl. W. Zach Griffith

Pfc. Jonathan Mattern scrubs a slide during a community relations event at the Pohang Comprehensive Welfare Center for the Handicapped March 17. Rivera volunteered for the event during Exercise Foal Eagle 2006.

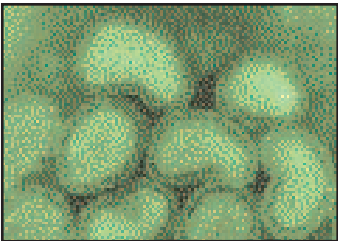
**Lance Cpl. W. Zach Griffith**  
*MCB Camp Butler*

POHANG, South Korea — At a small playground in Pohang, Korea, an agreement was made that would impact all those involved: The Americans would bring the sandbox and the Koreans would bring their smiles. Sixteen U.S. service mem-

bers cleaned and improved a playground at the Pohang Comprehensive Welfare Center for the Handicapped March 17. The volunteers were all with the 1st Marine Aircraft Wing currently deployed to Korea in support of Foal Eagle 2006, the latest iteration of an annual bilateral exercise conducted by the 1st MAW in cooperation with the Republic of Korea military. The center is home to many elderly people with mental or physical handicaps and a serves as a meeting place for handicapped individuals of any age to participate in a variety of activities together in a safe environment. The playground belongs to the center’s school for children with mental and physical handicaps. The playground needed improving, specifically a sandbox, and the service members answered the call to help. Students and residents watched from indoors with their noses against the windows as the volunteers separated into two groups. One group focused on cleaning the playground while the other constructed a sandbox for the children. Navy Lt. John C. Burnette, the Marine Aircraft Group 36

chaplain and project organizer, explained the importance of such projects when visiting allied nations. “This allows locals to see Marines as builders of peace,” Burnette said. “It shows them that we’re here to support them in any way we can.” Sgt. Matthew Gray, a nuclear, biological and chemical specialist with MAG-36, said that he values the opportunity to counter negative stereotypes that sometimes haunt U.S. Marines. “Some people think Marines are nothing but trouble,” Gray said. “Doing things like this allow us to show them otherwise.” The project was the first of such at the center involving U.S. military personnel. Pak said he hopes the Marines will come back again. “We sincerely appreciate all volunteer work,” Pak said. “The way the Marines conducted themselves really impacted our image of the U.S. military. The men and women who came out did a great job and were very courteous.” Two more community relations events are scheduled to take place before the exercise ends.

# Military warned of Avian Influenza



**LIFELines Staff**  
*DoD Public Affairs*

The World Health Organization is warning that signs point to the possibility of a global flu outbreak, called a pandemic. There have been three flu pandemics in the last century; the worst, in 1918, killed as many as 50 million people worldwide. Scientists say it is only a matter of time before the next worldwide influenza outbreak. Concern is rising that it could be triggered by the avian flu called H5N1. That virus has killed or led to the slaughter of millions of birds, mostly in Asia, but also in parts of Europe. It has killed about 98 people, mostly poultry workers, because so far the virus does not spread easily from person to person. The fear is that it will mutate to spread easily, a catastrophe because H5N1 is so different from other annual flu strains that people have no natural immunity, and predictions range of the possibility of 100,000 to two million people dead in this country. As with war, DoD has begun planning for any eventuality and the department’s roles and responsibilities. Also, check the Military Vaccine Web site and the National Institutes of Health. The U.S. Government has also established a Web site for information on bird or avian flu. President Bush has asked Congress for \$7.1 billion in emergency funding to combat a possible influenza pandemic brought on by bird flu originating in Asia. In a speech at the National

Institutes of Health in Bethesda to announce a comprehensive national strategy against pandemic flu, Bush warned that although bird flu has not reached U.S. shores and remains primarily an animal disease, there is cause for vigilance because a pandemic could develop rapidly with devastating effects. “Scientists and doctors cannot tell us where or when the next pandemic will strike or how severe it’ll be, but most agree: At some point, we are likely to face another pandemic,” Bush said. “Because a pandemic could strike at any time, we can’t waste time in preparing,” he said. “So to meet all our goals, I’m requesting a total of \$7.1 billion in emergency funding from the United States Congress.” Frequent, short-notice deployments around the world demand that the military step up its emphasis on keeping the force vaccinated for contingencies it may face, according to the Defense Department’s deputy director for the Military Vaccine Agency. The expeditionary nature of the force requires that DoD plan ahead to provide its members the best possible protection against disease and illness when they deploy, Army Col. John Grabenstein said during an interview with American Forces Press Service and the Pentagon Channel. “Vaccinations have always been about planning ahead,” Grabenstein said. “We try to anticipate what is going to happen at the other end of that plane flight to the deployment area.” As a result, he said, DoD is conducting more surveillance about infections and disease that troops need to be protected against, Federal Drug Administration-approved vaccines to counter them, and Centers for Disease Control guidelines for administering

these vaccines. The Bureau of Medicine also has issued guidance on influenza vaccines. Service members should be aware of false medical claims and how to prepare for a pandemic. DoD is also making a greater effort to ensure service members’ shot records are up to date. This way, when a short-notice deployment occurs, the affected troops need only those shots specific to their deployment area, not a big, long laundry list of vaccines, Grabenstein said. This effort includes more screening of Reserve and Guard troops, checking their immunizations records each fall when they receive their flu shots to ensure they’re current. Grabenstein said reserve component troops generally require more shots than their active duty component counterparts when preparing for deployments. When entering the military, all troops receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Other vaccines are frequently prescribed for travel to specific international locations or for certain occupations, Grabenstein said. Other vaccines protect against bioweapons such as anthrax and smallpox. The Defense Department put its anthrax vaccination program on hold last fall pending legal challenges, but supports findings that the vaccine is safe and effective. Grabenstein said mandatory immunizations for military protect the fighting force and keep it fighting, much as body armor does. Since the first vaccine against smallpox was introduced in the late 1700s, he said, no other medical technology has surpassed immunization in protecting people against disease. He said, “It’s the biggest success story in all of medicine.”

# Rockin’ in Okinawa



Lance Cpl. Warren Peace

Neil Fallon provides vocals March 22 during a free Clutch concert at The Palms on Camp Hansen. Clutch has released six albums and performed in nearly 2,000 concerts.

**Lance Cpl. Warren Peace**  
*MCB Camp Butler*

CAMP HANSEN, OKINAWA, Japan — A scream came from a guitar, colored lights illuminated a hyper-animated drummer, and a bass guitar dug grooves through the air as a singer weaved war with tranquility during a recent rock ‘n’ roll concert. This was the scene as the rock band Clutch performed for more than 250 people March 22 at The Palms, according to Shari Jenson, director of programs and marketing with United Service Organizations Okinawa. The band, currently on their Pacific Rim Tour that has taken them to bases in Hawaii and Japan, has been using their eclectic sound to thank service members for their dedication. “We want to say thank you

the only way we know how – that’s by playing rock ‘n’ roll,” said Neil Fallon, vocalist and guitarist. “Any entertainment to break up the work week is great. You can forget about life, relax and have a reminder that there is an appreciation there.” The two-hour show attracted fans from across the island and generated some new ones. “I had never heard their music before,” said Pfc. Matthew C. Pielmeier, a traffic management specialist with Camp Hansen Traffic Management Office, Marine Corps Base Camp Butler. “The show was awesome! “I am looking forward to seeing them again.” After six albums, Clutch has evolved from a hard-core band

to a more dynamic group, Fallon explained. During the concert, they played songs from various time frames of their evolution, displaying their transformation throughout the years. “We make every show different with a unique set list,” Fallon said. “Playing different songs at each show keeps us a little nervous and more attentive.” The band has been cultivating their sound since their garage band days in high school in 1988, Fallon explained. The band officially became Clutch in 1991 in Germantown, Md. “We all listen to different kinds of music,” he said. “We write our music instinctually.” After the release of their latest album Blatant Tyrant in 2004, Clutch began working on writing new songs for an album they plan to record this summer. Clutch has toured with such bands as Marilyn Manson, Biohazard and System of a Down and has produced a music video for “Mob Goes Wild” with Bam Margera from MTV’s television show “Viva La Bam.”



Lance Cpl. Warren Peace

Jean-Paul Gaster creates the beats of “Promoter (of Earthbound Causes)” during a free Clutch concert March 22 at The Palms on Camp Hansen. Clutch also played at the Banyan Tree Club on Kadena Air Base March 23 and at Hickam Air Base in Hawaii.



MCCS Briefs

**Kahuna’s Sports Bar & Grill**  
**254-7660/7661**

**Ghost** — tonight beginning at 10 p.m.

**NCAA Basketball Final Four** will be televised Saturday at Kahuna’s Recreation Center and Monday at the Sports Bar & Grill.

**Trivia night, Monday** — Play against other sports bars from around the world and on the last Monday of each month, play for a golf bag.

**Hot Country Nights** — with country singer Charlie Garrett, Wednesday at 8 p.m.

**Staff NCO Club**  
**254-5481**

**Casino Night** — Saturday’s at 6 p.m. featuring Texas Hold ‘em, Spades and Dominoes. Member and nonmember pricing for participation.  
Call the club for details.

**Mongolian Barbecue** — The first Thursday of each month. Reservations are recommended.  
For more information, call the club.

**Bosses’ night** is once a quarter from 5 to 7 p.m. Thursday’s, invite your boss for an evening of camaraderie, conversation and refreshments. Call the club for more information.

**The Officers’ Club**  
**254-7650**

**First Friday Night** is the one evening every month that you can invite guests to enjoy pupus, music and drink specials from 4:30 to 10:30 p.m. Call the club for more information.

**All Hands**

**Transition Assistance Program** is required for service members separating from the military within the next six months. Spouses are also highly encouraged to attend.  
The sessions will take place in Building 279, Monday through Thursday from 8 a.m. to 4 p.m. each day.  
For more information, call 257-7790.

**The On-Base College Interim Term Registration** deadline is this Monday for the term running through June 12. Courses are open to all hands, family members and civilians. Tuition assistance is available for active duty members.  
For more information, call 257-2158.

**Spring Splash** begins Saturday at the Manana Housing Pool from noon until 4 p.m. Featuring an aquatics open house with Red Cross swimming lessons, junior life-guard information and an introduction to surfing.  
For more information, call 254-7655.

**FBI Recruitment Brief** — The presentation takes place Monday from 10 a.m. in Building 267, Room two.  
For more information, call 257-7790.

**The Child Development Center** — will have a cake cutting ceremony Monday at the center. This annual tradition to kicks off the Month of the Military Child.  
For details call the CDC at 254-7430.

**ACT Testing**, Wednesday at The Joint Education Center at 7:30 a.m.  
For more information, call 257-2158.

# Natural disaster awareness

**Jennifer Hochlan**  
*LIFELines*

If you never go through a hurricane, earthquake, fire, or flood, consider yourself lucky. No matter where we live in the world, Mother Nature looms over us.

In times of natural disaster, the last thing you want to be thinking about is what you should have done. If nothing else, your preparation will give you peace of mind, protect your family, and ensure their safety.

**Can You Survive for Three Days?**  
The common rule of thumb is to prepare to rough it for three days (plan on a week if you can) following most disasters. Emergency personnel will be busy handling the crisis at hand. You must learn to be self-sufficient. Often, phone, gas, or electric service is shut off or damaged during emergencies. Following is a general list of items you should have on hand. For more specific information to your area, please contact your local Fire Department or the Federal Emergency Management Agency.

**Food and Water**  
Nonperishable items that you can consume without heat are best. Don’t forget to pack a nonelectrical can opener. Store enough water so that each person in your family has a gallon a day.

**First-Aid Kit**  
Store a three- to five-day supply of any medications your family members may require. Note on your calendar to check them regularly for expiration. Use up those that are close to expiring and substitute newer ones.

**Fire Extinguisher**  
This inexpensive tool can save your life. Make sure it can handle all types of fires and that each member of your family knows how to use it.

**Flashlights and Extra Batteries**  
Keep one beside your bed, in each child’s room, at least one in your emergency kit, and one in your car. Make sure all have batteries that work, and keep extra batteries on hand.

**Portable Radio**  
Because telephone service may be out, your radio may be the best source of information on what is going on in your area. (Don’t rely only on cell phones; sometimes service is interrupted during emergencies.) Store a battery-operated, solar, or hand-crank radio.

**Other Stuff**  
Also store extra blankets, clothing, and shoes for all members of your family.

**Don’t Forget Your Pet**  
Make sure you have a few days’ food supply for all pets and include bottled water for them, also. It’s a good idea to have plastic bowls in your kit for ease in feeding.

**Tools**  
Have a portable tool kit handy for emergencies. Always have a wrench handy to turn off any potential gas leaks.

**Cash**  
Have enough money to get you through a few days of basic living. ATMs will not be working if the electricity is out. Don’t rely on cash to buy things you should have in your kit, because stores may not be open for a few days following an emergency.

**Important Documents**  
Not all disasters that strike affect a community at large. Sometimes the disaster happens only to your family, such as a house fire. Keep copies of important documents (or the originals if advised by the issuer) someplace other than your home — a safe deposit box or a relative’s home (if in another community). Some items you should have in your document kit are:

- \* All insurance policies. Include copies of photos and/or videos of your valuables.
- \* Birth certificates for all family members
- \* Passports
- \* Medical records for all family members.

\* A list of emergency phone numbers and persons to contact. It’s not uncommon to forget your mom’s name and phone number in emergency situations.

**Evacuation**  
Certain emergencies and situations may lead to a community evacuation, so learn the preferred evacuation route and destination (if possible) in advance. Every military installation has a specific evacuation route for all areas on base. Contact base security for details about your base. Most communities have designated evacuation routes, so learn these routes also, whether you live on base or not.

Call on your base for emergency and evacuation guidelines and suggestions for handling questions from the news media in case they approach you. Military installations are not evacuated often, but during periods of uncertainty, the chance becomes greater. Know what to do and say before it happens.

**Family Preparation**  
Make sure all members of your family know the following:

- \* Where to reunite if separated during an emergency.
- \* Whom to call (outside of the area) to check in when phone service becomes available.
- \* Your home evacuation route and where to meet outside.
- \* Their personal information. Make ID cards for children that have their name, address, medications, and any allergies. It’s also a good idea to include the emergency contact persons on the card. Caution children not to show their ID to anyone except in case of emergency.
- \* Who will be able to pick up children at school or daycare and take them to the pre-assigned reunion site.

In all situations, make sure your immediate family knows how check on you. The American Red Cross has a program called Armed Forces Emergency Services that helps active-duty service members and families get information during emergencies. Contact your base or local Red Cross office for a phone number to provide your family members. This number can also be used to get important information to you if an emergency arises on your family’s end.

Many bases offer emergency preparedness classes that discuss all of the preceding topics and more. If you’re stationed overseas, LIFELines has important information for you.

## January 2004’s destructive storm



File Photo

After heavy winds and rains from a severe storm, January 2004, this downed tree was removed from Marine Corp Base Hawaii.



File Photo

A group of men attempt to secure docklines and haylards as strong winds and rough seas smash into the docks at the Base Marina.



File Photo

Marine Corps Base Hawaii headquarters building received extensive damage to the roof after the storm.

## MOVIE TIME

**Prices:** For Friday and Saturday shows at 7:15, prices are \$3 for adults, 12 and older; \$1.50 for children 6 to 11. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Prices for Sunday, Wednesday shows at 6:30 and Friday and Saturday shows at 9:45 are \$2 for adults and \$1.50 for children. Show your ID card when purchasing tickets. Entry is free for children 5 and younger.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wandng, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

When A Stranger Calls (PG-13)  
Freedomland (R)  
Big Momma’s House 2 (PG-13)  
Final Destination 3 (R)  
Curious George (G)  
Freedomland (R)  
When A Stranger Calls (PG-13)  
The Pink Panther (PG)  
Final Destination 3 (R)

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 7:15 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2:00 p.m.  
Sunday at 6:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.



MARINE  
MAKEPONO

HAWAIIAN FOR  
“MARINE BARGAINS”

Furniture

**Rattan Sofa**, band new, Hawaiian print, \$395. Call 627-1580.

Automobiles

**2004 Volvo S-60 2.5 Turbo**, silver with black leather interior, fully loaded, low profile, Perelli tires, 28,000 miles. \$24,500 Or best offer. Call 230-0502.

**2000 Toyota 4-Runner**, four-wheel drive, fully loaded, leather interior, CD/cassette player, sunroof and tow package. \$13,300 OBO. Call 254-1545.

Pets

**Puppy for sale**, female Lasa Apso, champion blood-line, 3.5 months old, \$1,200 OBO. Registered and microchipped. Call 782-8062.

**Minature Schnauzer puppy**, champion bloodline, 10 months old, \$800 OBO. Registered, house-broken and microchipped. Call 782-8062.

**Cats**, 11 months old, to a free to a good home, two male and two female, spayed, neutered and microchipped. Call 254-4710.

Miscellaneous

**Kenmore refrigerator**, good condition, \$75. Portable room air conditioner, \$150. Small microwave, \$25. Call 263-2412.

**Classic style guitar**, like new, \$140. Longboard, 7', good shape, \$200 OBO. Call 254-6950 ext. 222.

**Surfboards**, 8' board, \$350. 7'2" board, \$275. TSA weight machine, \$95. Tony Little, Gazelle Freestyle, exercise machine, \$75. Call 261-1425.

Hawaii Marine Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.

The deadline for submitting ads to the **Hawaii Marine** is 4 p.m. the Friday of the week prior to publication.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay.

Ads are run on a first-come, first-served basis.

To renew an ad or for more information, call the **Hawaii Marine** office at 257-8837 or 257-8835.

ON THE MENU  
AT ANDERSON HALL



Today

Lunch

Beef ball stroganoff  
Baked fish filets  
Macaroni and cheese  
Garlic roasted potato wedges  
Raisin drop cookies  
Fruit pie

Dinner

Tacos  
Chicken enchiladas  
Chili conquistador  
Burritos  
Mexican rice  
Mexican corn  
Green beans creole  
Taco sauce  
Raisin drop cookies  
Fruit pie

Saturday

Dinner

Roast turkey  
Chicken cordon bleu  
Mashed potatoes  
Boiled egg noodles  
Simmered broccoli

Simmered succotash  
Chicken gravy  
Fresh fruit  
Spice cake  
Sugar cookies  
Fruit pie

Sunday

Dinner

Swiss steak  
Glazed rock Cornish hens  
Rice pilaf  
Mashed potatoes  
Southern-style green beans  
Simmered corn  
Fruit pie  
Yellow cake

Monday

Lunch

Beef stew  
Baked fish fillets  
Macaroni and cheese  
Steamed rice  
French fried okra  
Buttered corn  
Oatmeal cookies  
Fruit pie

Specialty bar

Pasta with three sauces:  
Marinara sauce  
Meat sauce or  
Alfredo sauce  
Garlic bread  
and pizza

Dinner

Italian veal steaks  
Braised pork chops  
O'Brien potatoes  
Steamed rice  
Mixed vegetables  
Fruit pie

Tuesday

Lunch

Chicken parmesan  
Cajun fish fillet  
Steamed rice  
Boiled egg noodles  
Simmered asparagus  
Oatmeal raisin cookies  
Fruit pies

Specialty bar

Chili con carne  
Tacos  
Burritos  
Spanish rice  
Refried beans  
Mexican corn  
Flour tortillas

Dinner

Southern fried chicken  
Beef ball stroganoff  
Parsley buttered potatoes  
Boiled egg noodles  
Simmered pinto beans  
Club spinach  
Oatmeal raisin cookies  
Fruit pie

Wednesday

Lunch

Chili macaroni  
Roast turkey  
Grilled cheese sandwich  
Mashed potatoes  
Glazed carrots  
Simmered succotash  
Turkey gravy  
Brownies  
Fruit pie

Specialty bar

Hot Italian sausage

Grilled polish sausage  
Grilled frankfurters  
Chili  
Baked knockwurst with sauerkraut

Dinner

Meat loaf  
Pork ham roast  
Mashed potatoes  
Tossed green rice  
Cauliflower combo  
Brownies  
Fruit pies

Thursday

Lunch

Salisbury Steak  
Barbacue chicken  
Rice pilaf  
Potatoes  
Corn on the cob  
White cake  
Apple cobbler  
Fruit pies

Specialty bar

Chili con carne  
Tacos  
Burritos  
Spanish rice  
Refried beans  
Mexican corn  
Salsa  
Taco shells  
Flour tortillas

Dinner

Beef yakisoba  
Orange chicken  
Fried rice  
Fried cabbage with bacon  
White cake  
Cream frosting  
Apple cobbler

CSSG-3 Marines volunteer at Kailua school

Lance Cpl. Roger L. Nelson

Combat Correspondent

Most people love the warm feeling they get inside when volunteering to help children or the child's school.

When many people were probably at the beach working on their tan or in the backyard barbecuing with friends, 40 Marines and Sailors assigned to Combat Service Support Group 3 took the time, March 18, to volunteer at Kailua Intermediate School for the annual "Make a Difference Day."

Make a Difference Day, is an event that is put on by the CSSG-3's Adopt-A-School Program participants.

On this day, volunteers from each unit go to their designated school and work hand-in-hand with students, school personnel and parents, to help with repairs the school may need.

"It's an event that we do once a year to help make changes to the school," said Lt. Cmdr. Diane M. Wilson, chaplain, CSSG-3. "The teachers and school staff give us a list of things that need to be done, and all of the volunteers take care of it."

For this year's Make a Difference Day, volunteers painted different parts of the school, put weather stripping up, did a general cleanup, and helped touch up the

paint on one of the school's murals, said Wilson.

"To see the finished product is very wonderful and makes you feel good on the inside," said Wilson, a Tracy, Calif. native. "The most exhilarating part was when Marines helped repaint the mural of the school."

According to Lance Cpl. Whitney A. Dennis, company clerk, Supply Company, CSSG-3, it was well worth the time to help the children.

"It was a Saturday, so at first I was bummed out, but then I got there and it was pretty fun. So it was well worth my time," said Dennis. "I've got plenty of Saturdays left so it wasn't a big deal. Life goes on. When the chance comes up again, I'm definitely going to volunteer again."

The students and staff members of the school are very thankful for the work that was done at the school, said Suzanne Mulcahy, principle, Kailua Intermediate School.

"It's great that Marines and Sailors volunteer to come out and do this for the schools," said Mulcahy. "The kids are all very thankful and love working with the volunteers when they come out. It actually ended up being a lot of fun, and all the Marines and Sailors did a fantastic job as usual."



Photo Courtesy of Cmdr. Diane M. Wilson

Sgt. Lorincio R. Bacus, wire supervisor, Headquarters Company, Combat Service Support Group 3 paints a wall at Kailua Intermediate School.



Photo Courtesy of Cmdr. Diane M. Wilson

Lance Cpl. Kevin L. Johnson, supply clerk, Transportaion Support Company, Combat Service Support Group 3, uses a pressure washer to rid student lockers of spray paint and graffiti. Johnson worked along side 39 fellow Marines to help beautify the Kailua Intermediate School's campus during CSSG-3's annual "Make a Difference Day."